



T1 RUGBY

NON-CONTACT RUGBY
UNDERSTOOD BY *EVERYONE*
PLAYED BY *ANYONE*



INTEGRITY

PASSION

SOLIDARITY

DISCIPLINE

RESPECT

WHY T1 RUGBY?

Rugby needs a simple, engaging and credible non-contact format. T1 Rugby looks like rugby union; it is easy to understand, it is a game for all shapes, sizes and for everyone. It is easy and fun to play, and it can target new audiences as well as existing rugby lovers. It will have a global brand but have the local flexibility to fit in the local context. Most of all it is fun to play.

20 MIN
10 mins per half

7 players per side (unlimited rolling subs)

HALF A PITCH
played on 1/2 pitch

SCRUM

3v3 – bind up with teammates and opposition. Passive, no engagement no push, no contest, defending scrum half behind, all other players back 5m
Scrum half can pass within 3 steps or kick 123

LINEOUT

3v3 – no lifting, no contest
Catcher passes back to team mate (5m back) or to thrower-in on sweep round

Penalties – tap and pass, defenders back 5m
Knock on/forward pass – scrum restart (if no advantage)
Ball knocked backwards in open play – play on

PLENTY OF TRIES

HIGH BALL IN PLAY

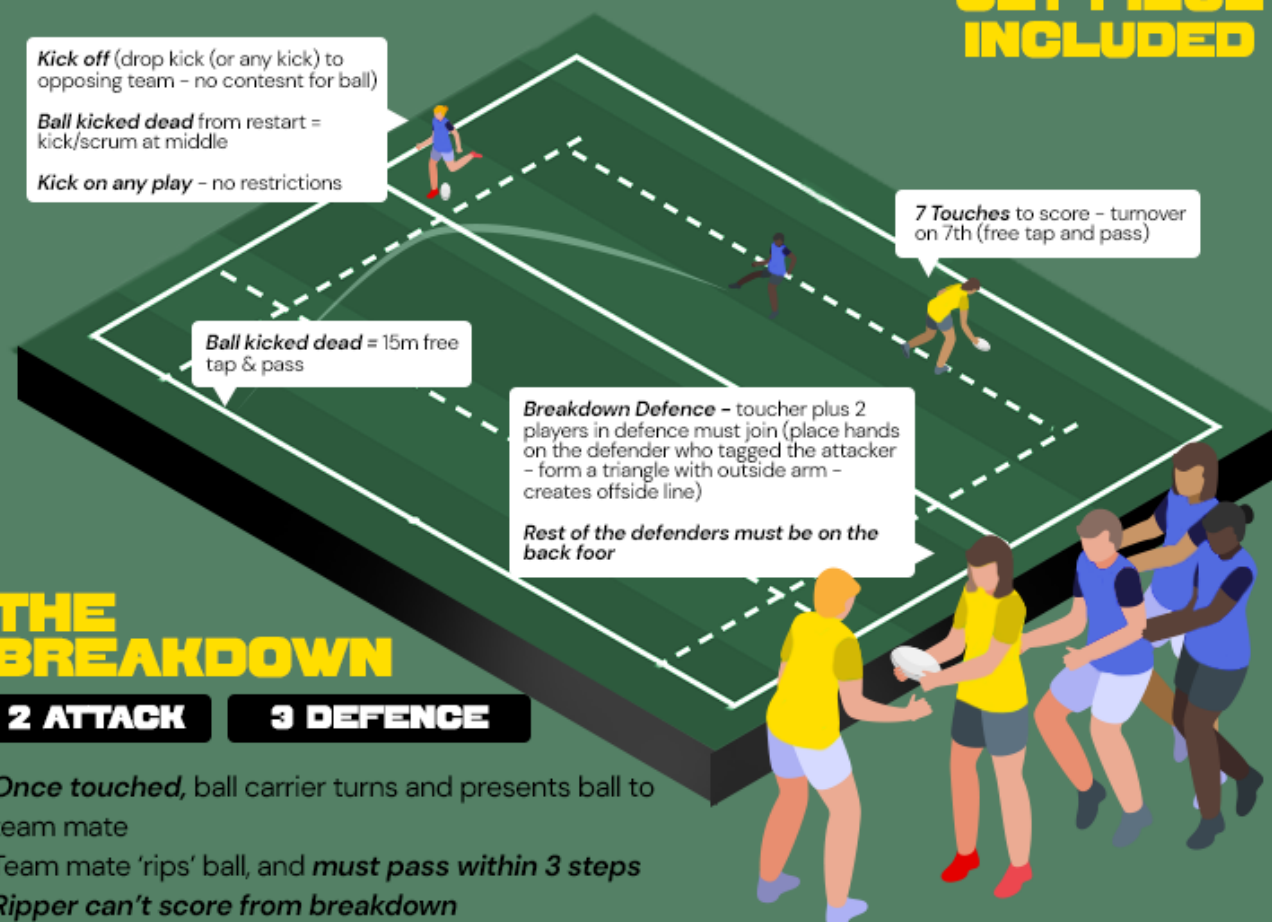
LOTS OF PASSES

TESTING YOUR DECISION MAKING

KICKING ALLOWED

SET PIECE INCLUDED

Kick off (drop kick (or any kick) to opposing team – no contest for ball)
Ball kicked dead from restart = kick/scrum at middle
Kick on any play – no restrictions



THE BREAKDOWN

2 ATTACK 3 DEFENCE

Once touched, ball carrier turns and presents ball to team mate
Team mate 'rips' ball, and **must pass within 3 steps**
Ripper can't score from breakdown

FLEXIBLE RULES

The following elements can be adapted or flexed with agreement of both sides.

Size of the pitch can be adjusted as required

Player numbers, specified mix of age/gender
6v6 up to 10v10

Kicking in open play can be **removed** by agreement

Match length can be reduced by agreement
(generally in line with player numbers)

Contestable Areas

1v1 L/O & Breakdown: If defenders beat attackers into breakdown area before ball is played away = turnover



GAME FOR ALL